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NEWS WORTH SHARING.

Payback time for Trudeau

Liberal leader vows to 'make it right' with charities that paid him hefty speaking fees PAGE 4

Kids stick with the classics

The most popular toys this summer keep it simple, from bubbles to inflatable playgrounds PAGE 14

No thorns for this Rose

Justin Rose beats out Phil Mickelson to win the U.S. Open, the first Englishman to do so since 1970 PAGE 18

STARS GET STYLIN' AT MMVA'S

CHECK OUT THE GOOD, THE BAD AND THE JUST PLAIN ODD RED-CARPET LOOKS AT THIS YEAR'S MUCHMUSIC VIDEO AWARDS PAGE 12

Cyclists gather in Surrey on Saturday at the start of the Enbridge Ride to Conquer Cancer. A 16-year-old participant in the race was killed Sunday in Washington State after colliding with a vehicle. CONQUERCANCER.CA

Teen killed during charity bicycle ride

Ride to Conquer Cancer. Victoria boy was struck by vehicle in Arlington, Wash.

A 16-year-old cyclist from Victoria was killed Sunday in Washington State during the fifth-annual Enbridge Ride to Conquer Cancer.

Riders were into the second day of the annual fundraising ride from Vancouver to Seattle when the teen tried to pass a pack of cyclists on a two-lane rural road in Arlington, Wash., about 65 kilometres north of Seattle.

"It appears he pulled into the oncoming traffic lane to pass and fell," said City of Arlington public-information officer Kristin Banfield.

A 50-year-old woman, returning home from church, was driving "well below the speed limit" and could not avoid the fallen cyclist in time, Banfield said.

The boy, who was participating in the ride with his mother and uncle, was treated on scene by firefighters for 40 minutes before succumbing to his injuries.

An airlift to hospital was called, but the victim was not stable enough to be transported.

"It's just a terrible tragedy, the wrong circumstances at the wrong time," Banfield said. "The local woman is absolutely distraught that anything like this could happen. We all are (in Arlington)."

The rider's name is being withheld until all family members are notified.

With heavy hearts, the ride continued for most of the participants.

"All who are associated with the Ride to Conquer Cancer have been deeply saddened by this news and our thoughts and prayers are with family and friends of the rider," Doug Nelson, B.C. Cancer Foundation president and CEO, said in a written statement. "Event organizers plan year-round to ensure the safety of everyone involved. This has been a very sad day for the Ride community and our supporters."

More than 2,600 people were involved this year in the ride, which is billed as the largest cycling fundraiser in B.C. history.

Riders raised $10.4 million for the B.C. Cancer Foundation this year.

MATT KIELTYKA/METRO

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Tragic case

Unrelated accidents kill two who lived in the same house

A pair of unrelated accidents Saturday claimed the lives of two people who lived in the same South Vancouver house.

At 9 a.m., a crowd of people were boarding a chartered bus outside the Ross Street Sikh Temple when the bus began to roll backwards.

An 80-year-old woman fell from the bus and died on the way to the hospital.

Around 4:45 p.m., a fire broke out at the woman's house in the 900 block of East 63rd Avenue. When the fire was extinguished, police discovered a body in the basement rental suite. METRO

Lower Mainland

Firefighters and police busy over the weekend

Five people were shot in three separate incidents in as many days and more than a dozen fires burned in the Lower Mainland over the weekend.

Two men in their early 20s were shot near a Langley golf course early Saturday morning in what RCMP believe to be a targeted, drug-related shooting. Their injuries were treated.

On Friday afternoon, a 27-year-old man was seriously injured from gunshot wounds in a targeted incident at a Surrey residence.

And late Thursday night, two people were shot in a Coquitlam cul-de-sac. Both the man and the woman, who are known to police, are recovering from what RCMP believe to be a targeted and possibly drug-related incident.

Additionally, six families are without homes after a fire at 1618 East 6 Ave. resulted in extensive damage to six of the 49 units. METRO

Miguel Araiza has earned $40 for picking up two pounds of cigarette butts. EMILY JACKSON/METRO

Picking up the butts a smokin' success

Large figure. A million butts are littered daily in Vancouver alone, according to one estimate

EMILY JACKSON
emily.jackson@metronews.ca

If people will pick up discarded bottles for cash, they'll also pick up cigarette butts.

A pilot program to reward people with a penny per cigarette butt proved successful at the West End's car-free day on Sunday, with about two dozen people taking up the challenge to clean the streets for a little cash.

It's proof that paying people a deposit for returning butts, similar to a bottle depot, would work and should be instituted across the province, said St. Paul's Hospital Dr. Stuart Kreisman.

Such a system would clean up the environment — Kreisman estimates a million butts are littered daily in Vancouver alone — and discourage smokers to litter, said Kreisman, who teamed up with the West End Cleanup group with a city grant of $500 to test the idea.

People stopping by the booth applauded the initiative, including Coquitlam resident Bill Dodds.

When Dodds heard about the program in early June, he started picking up cigarette butts from his bus stop and library and collected them in plastic bags.

For his efforts, he earned about $11.

"It was good for my back," the 62-year-old joked, adding that littering cigarettes makes cities look "sleazy." "We're not entitled to huck butts like that."

But for Miguel Araiza, it didn't take days to accumulate enough butts to make a profit.

In a three-hour trip from downtown to Cambie Street, Araiza collected two pounds of butts and earned $40.

Araiza, who used to smoke two packs a day, has lung cancer.

The cash helps the 49-year-old — he's on social assistance and found this more profitable and easier than returning bottles — but he also saw ridding the street of butts as an important social issue.

"Butts are just ads for tobacco companies," he said, and it is an expensive addiction for someone struggling with poverty.

He hopes the government will institute the program. "It would be amazing," he said.

The provincial government has not shown serious interest in the plan, but Kreisman said Vancouver Coun. Adriane Carr plans to bring up the idea at city council.

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Twics. Awareness group using Twitter bot to mimic Tourette's symptoms

SEAN MCKIBBON
Metro in Ottawa

An advocacy group for people with Tourette's syndrome is asking Twitter users to let a bot take over their accounts so it can blast out random stuff, including swear words, as a means of raising awareness.

"Wednesday from 9 o'clock on, tweets will come out from your Twitter handle with the equivalent of verbal tics. You won't know when they're coming and you won't know what they are saying, and that's to mimic the way that real verbal tics happen," said Cathy Wylie, president of the Tourette Syndrome Foundation of Canada. The automated tweets will come out with a link to surrenderyoursay.com so followers can find out more.

Tourette's syndrome is a neurological disorder characterized by involuntary vocal and physical outbursts. The stereotype of the syndrome is sudden, involuntary swearing, but it's not the norm, with fewer than 10 per cent suffering such outbursts, said Wylie.

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Justin Trudeau said Sunday he'll talk to each of the charity groups from which he accepted a speaking fee since becoming an MP and find a way to 'fix this and make it right.' SEAN KILPATRICK/THE CANADIAN PRESS

Justin Trudeau: I'd 'pay all the money back'

'I am going to fix this.'
Liberal leader insists he's done nothing wrong, but is willing to compensate charities

Justin Trudeau is promising to compensate all groups that paid him hefty speaking fees to participate in fundraising events since he became an MP.

The Liberal leader said Sunday he'll either give back the fees or find some other way to "make it right."

"I'm willing to pay all of the money back, if that's what it comes to," Trudeau told CTV. "But I am going to fix this."

Trudeau stressed Sunday that all his speaking engagements were cleared by the federal ethics commissioner, that he never used any parliamentary resources and that none of the money he earned went to finance his leadership bid.

"I'm doing this not because I'm worried that I did something wrong, because I didn't. Everything was done exactly according to the rules." THE CANADIAN PRESS

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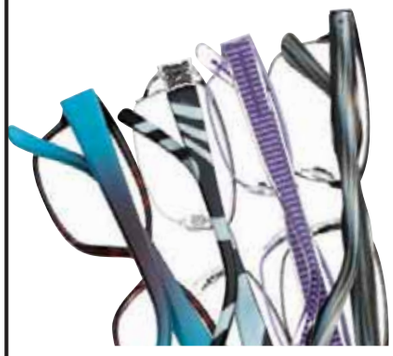

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HUDSON'S BAY

At G8, underlying worry is whether recovery will last

Northern Ireland.

Summit's agenda focuses on tax evasion and trade, but backdrop to talks is fraught global outlook

Members of Oxfam wear masks depicting G8 leaders in Belfast, Northern Ireland, on Sunday, a day ahead of the start of the G8 summit. Oxfam said that G8 leaders must cook up the right deal to fight hunger and poverty by tackling tax dodging.
PETER MORRISON/THE ASSOCIATED PRESS

Europe is mired in debt and recession. Financial markets have hit violent ups and downs on fears that U.S. stimulus efforts may soon be scaled back. Japan is finally looking up after years of stagnation — but it remains an open question if the recovery will stick.

That's the global economy that will confront the heads of the Group of Eight leading economies as they gather Monday and Tuesday for their annual summit in Northern Ireland.

British Prime Minister David Cameron will serve as summit host for U.S. President Barack Obama and the leaders of Germany, Italy, Canada, France, Japan and Russia. At the top of the agenda: new co-operation to fight tax evasion and increase transparency among governments. Also on the table will be how much help to give to rebels in Syria, and a push for lower trade barriers between the U.S. and the EU.

Since last year's G8 meeting there's been a modest economic upswing throughout the developed world, but the outlook remains fraught with uncertainties. THE ASSOCIATED PRESS

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Fabulous Las Vegas just got fabulous...er.

DON'T BLAME CYCLISTS FOR CASUALTIES

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

Another cyclist down.

As I write, the details are still sketchy, but it happened on the final leg of the Ride to Conquer Cancer near Arlington, Washington, as the more than 2,600 cyclists made their way to Seattle.

A 16-year-old young man, described in news reports as a "novice," attempted to pass a large group, and somehow fell into oncoming traffic. As in the case of the cyclist who died on the Stanley Park Causeway in May, it happened too quickly for the oncoming traffic to stop in time.

Another tragic case of car vs. bike. The bike always loses.

Get ready for the peanut-gallery post-mortem you know is coming. The uproar from the Stanley Park tragedy has yet to die down; this will generate a renewed spasm of vitriol.

I'm still reeling from the brutal sentiments expressed by this letter writer to (another) local tabloid newspaper:

"The headline should have been: Another arrogant cyclist dies in Stanley Park because she refused to yield to pedestrians."

Or this one:

"I am all for road safety and we can all share the road, but what about the bikers that run into people? Knock them under a bus!"

Believe it or not, this passes for enlightened commentary in our community. Even more unbelievable, the newspaper published it. Nothing like a little rabble-rousing on a slow news day.

So get ready for an onslaught of free advice that all ends up saying the same thing: See? I told you so.

Cyclists are either arrogant, unskilled, unlicensed, uninsured or in the way. The worst vitriol will be saved for Mayor Gregor Robertson. It doesn't matter that the fatality occurred kilometres away from Vancouver in another country, it will be Mayor Moonbeam's fault thanks to his relentless support of dedicated bike lanes.

Before I go any further, I have a confession to make. I'm a cyclist, but I'm also a driver and I have always been able to see the driver's point of view. Cyclists can be all of the above, and worse. Anyone who spends the day downtown surviving close encounters of the bicycle courier kind understands what I'm talking about.

But the rising tide of hate has flipped my switch: enough already!

For those gas giants who think a few more deaths will teach those arrogant cyclists a lesson, here's an offer: Borrow my bike, go play in traffic and tell me how you feel when you're done.

That's if you're not cowering in a corner, speechless from the trauma.

Look, bikes are not going to magically disappear from the roadways. As the huge group that takes part in events such as the Ride to Conquer Cancer demonstrates, the bike is here to stay, whatever you think.

It's therefore up to all of us to make the streets safer for the bike: cyclists, pedestrians, and, yes, even drivers.

June is bike month. For the sake of that poor kid on the road to Seattle, or that woman on the Causeway, let's see what we can do.

ZOOM

It's all fur the exhibition

JENS MEYER/THE ASSOCIATED PRESS PHOTOS

Taking a leap of four-legged faith

White Swiss shepherd dogs Kenai, left, and Yasu jump into the water during the dog diving competition at the International Pedigree Dog and Purebred Cat Exhibition in Erfurt, central Germany, on Sunday.

Four thousand dogs and 150 cats from 20 countries were shown at the exhibition.

METRO

A Sphynx cat named Amhara's Mira waits at the cat exhibition.

Anything's paw-sible

- The event has been showcasing pets since its inception in 2000, and as of last year turned into a trade show.

Clickbait

Psst.... If you are looking for a way to prevent that pesky NSA from checking up on you, you can look into some of the many apps and add-ons that have been gaining in popularity because of their claims to protect your privacy. Here are just a few:

RedPhone:
Developed by Open Whisper Systems for Android, RedPhone's calls are encrypted between two users. They also have a text version: TextSecure.

Silent Circle:
You can join the circle of people who are already using Silent Circle's many data blockers. This one is for use on Android, iPhone, iPad and Windows and also lets you connect privately to people who aren't in the secret circle.

DoNotTrackMe:
The web add-on claims to put a lid on commercial web tracking from outside parties who come along and scoop your online trail, even if it is just playing MouseHunt and creeping Facebook.

Seecrypt:
For iOS and Android, Seecrypt is an app aimed at letting you call and text with others who use the service without having to worry about Big Brother looking over your shoulder. METRO

Comments

RE: Parliament Hill Tourist Guides Trained To Praise And Defend The Senate, published online June 16

The content of this article does not support the sensationalist headline. The NCC is not training an army of apologists or propagandists, they are training a group of young Canadians to provide information to visitors about Canadian governance (amongst many other topics).

What *would* have been sensational is if they had trained these summer students to greet visitors with a stinging indictment of the Upper Chamber or, for that matter, any other aspect of our governmental systems.

It should not, therefore, be seen as an apology for the Senate and its current troubles, nor a manifesto on what the Senate should be, but rather as what it is: a training manual intended to allow summer students to greet visitors with basic information about how Canada's government works.

Kris T posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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MMVAs red carpet looks

Taking the time to reward entertainers for excellence in their fields is nice and everything, but everyone knows awards shows are really all about the red carpet. The MuchMusic Video Awards are no different:

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And the winners are ...

- **Video of the year.** Inner Ninja - Classified ft. David Myles Director: RT! Half Life Records/Universal Music Canada
- **Pop video of the year.** Desperate Measures – Marianas Trench Director: Kyle Davison 604 Records/ Universal
- **Dance video of the year.** The Veldt – deadmau5 ft. Chris James Director: Manroop Takhar; Joel Zimmerman Ultra Music/ Universal
- **Hip hop video of the year.** Started From The Bottom – Drake Director: X, Universal
- **Rock/alternative video of the year.** Stompa – Serena Ryder, director: Natalie Rae Robison Serenader Source/Universal
- **Viral video of the year.** Gangnam Style – PSY Director: Lee Bo Young Universal Music Canada
- **Your Fave Artist/Group.** As Long As You Love Me - Justin Bieber
- **Your Fave Video.** Stutter - Marianas Trench, director: Kyle Davison
- **Your Fave International Artist/Group.** 22 - Taylor Swift

1 Taylor Swift. Black and white and Red hot

Despite being in the middle of a tour (she performed the night before to a bajillion teen girls at the Rogers Centre) Taylor looked lovely as always. **ALL PHOTOS THE CANADIAN PRESS**

3 Marianas Trench. Swimming choices

Every party needs someone to wear the proverbial lampshade. The MMVAs got four with these fetching mermaid-man rockers.

2 Kardinal Offishall. Brings the bling

Studded brass knuckles, two watches, and what appears to be a cranky sumo wrestler pendant might appear to be too much, but Kardinal keeps it together with a simple polo shirt.

4 Chavril. Matchy-matchy

Everyone's favourite (not!) two-headed CanCon celeb, Chad Kroeger and Avril Lavigne donned complimentary black leather, with a spikey crown for the lady. It even appears that they got the same dye-job at the salon.

5 Ed Sheeran. Let's go Blue Jays let's go

The folk-pop favourite went for local with a vintage looking (all the way in '93 era?) sports tee.

Online

Want all the behind-the-scenes action? Visit metronews.ca for a full list of winners and more on last night's MMVAs show.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Is Leo chasing an Oscar?

STARGAZING
Malene Arpe
scene@metronews.ca

Leonardo DiCaprio may be playing Rasputin in an upcoming biopic. And if that doesn't finally get him an Oscar, he'll keep the long beard, move to Russia and become Putin's special advisor.

Taylor Swift went to visit Gwyneth Paltrow in London. And now she's never ever going to eat processed food again.

Jeremy Irons says he feels sorry for high-profile people accused of sexual abuse. Jeremy Irons's manager says he feels sorry for the sock he's had to stuff into his client's mouth.

Lindsay Lohan is reportedly spending her time at Betty Ford writing letters to friends and acquaintances. Dear Charlie Sheen; thank you for the last care package. I particularly enjoyed the "cookies," the "toiletries" and the "not at all two baggies of meth." Love Lindsay.

Katie Holmes had dinner with Gloria Steinem. It may seem odd, but they had plenty of things to talk about as Gloria, of course, is concerned with women's freedom and autonomy and Katie recently discovered that those two things actually exist.

Russell Brand says he became a mailman because he figured he'd get a lot of sexy time along his route. It didn't work out that way and neither did his becoming a pizza delivery guy, a home repairman and a fire fighter who never wears a shirt.

It's looking more and more like Katy Perry and Robert Pattinson are dating. She really likes his looks and sense of humour and he likes that she's not his cheating, contractually-obligated-to-fake-date co-star.

It's a baby girl for Kim and Kanye

Kim Kardashian gave birth to a baby girl Saturday morning in Los Angeles, sources confirm to People magazine.

The baby, a first for Kardashian and boyfriend Kanye West, was believed to be due in July but arrived early, just days before the release date of West's new album, Yeezus. Sources says West was by Kardashian's side for the labour and delivery.

Kardashian and West welcomed their daughter at Cedars-Sinai Hospital, and the new arrival already resembles her mom, a source tells E! News. "She looks just like Kim," the source says.

There has been no official word on a name for the little girl, but Kardashian reportedly told friends and family prior to the birth that her daughter's name "will start with a K."

Kim Kardashian and Kanye West ALL PHOTOS GETTY IMAGES

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Realizing you forgot your passport at the hotel or your iPhone in a cab is extremely stressful, especially when travelling with kids. Here are checkpoints for any traveller.

Airplane seat pockets
Never put anything in the airplane seat pocket that you want to have with you when you leave the plane. Keep a bag under the seat in front of you with these items.

Hotel Rooms
Do a room check every time you leave, including bathroom, closet, dresser drawers, even when you are sure you didn't put anything there — little hands move things.

Taxi Cabs
Resist taking items out in the cab but upon leaving, take a good backward glance in case phones, wallets or other valuables have fallen out of your pocket or purse.

Airport Security
We're used to "stripping down" for security, but double check that phones, wallet, belts, passports are with you.

Restaurants
Do what's known as the "mom check." Check the table, the floor, and all the chairs for forgotten items (those little hands again!).

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

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Kids are kicking it old school this season with bowling, bubbles and chalk among the hot items as the weather continues to warm up — at least according to the Canadian Toy Association, which held a summer event highlighting this very important topic

THE CANADIAN PRESS

5 toys of summer

ALL PHOTOS: THE CANADIAN PRESS/MICHELLE SIU

Oversized inflatable bowling set

Bring the bowling alley to your backyard this summer with this giant set of bowling pins and bowling ball.

Bubbles

The Canadian Toy Association chair Kerry George said bubbles continue to be big with the younger crowd, from colourful solutions with the traditional built-in wand to machines cranking out the globules at the push of a button.

Chalk

For the more artistically inclined, sidewalk chalks in a multitude of hues — and even glittery varieties — will keep pavement Picassos occupied.

Airplanes and contemporary toys

Boys still love planes, cars and trains. One notable difference among some contemporary toys is the use of eco-friendly materials, like the PVC-free Green Toys Tractor from recycled milk jugs.

Inflatable playground set

Who doesn't love the feeling of going down a slide? With inflatable playground sets, kids can enjoy the feeling in their own backyard.

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Work from 'om': Breathe in a better business model

Free your mind, the rest will follow.
How moments of meditation can give workplace productivity a gentle boost

JANE BORDEN
Metro World News

Find your happy place at the foot of your desk. ISTOCK

Your business's productivity grows when employees increase focus, improve decision-making, unlock creativity and improve teamwork skills — all qualities enhanced by mindfulness meditation practices.

In 1995, Mirabai Bush helped found the Center for Contemplative Mind in Society, to explore how mindfulness practices, long used in alternative healing, might affect other sectors of American life. The centre developed programs working with lawyers and judges, social justice activists, higher-education organizations and journalists.

But it is Bush's work with businesses — like Google, National Grid, Monsanto and General Mills — that's really taking off. We asked her why.

Isn't it surprising that the corporate world is so open to meditation?
Well, successful businesses are extremely pragmatic. They'll do anything if it works. And the bottom line is measurable, unlike in other organizations. Also, in the last 10 years, there has been quite a lot of research on meditation's effects on the brain. All of this is interesting to people in business.

Which practices do companies find most effective?
It depends. We tailor workshops to an organization's needs. For instance, at Google, we realized that these very smart and competitive people had been in front of screens for most of their lives.

They're good at algorithms, but not necessarily at working together. So we set up practices that develop awareness of yourself and others and appreciation for others.

It's since been taught at Google headquarters in New York, Zurich, Beijing and Dublin. More than 1,000 engineers have gone through the program.

What's next? If companies are taking 101 now, what's the graduate-level course?
I've started teaching compassion meditations, which I'd at first thought would require too much vulnerability.

Keep calm and carry on

"There are deeper benefits. If you pay attention to your breath for 20 minutes, you watch everything in your mind arise and fall away over and over again."

Mirabai Bush
Founder of the Center for Contemplative Mind in Society

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Slide into barbecue season

This recipe makes 16 to 18 sliders. THE CANADIAN PRESS H/O

1. Salsa: Drain pineapple tidbits, reserving 15 ml (1 tbsp) of liquid. Squeeze lime juice into bowl and add drained pineapple and olive oil. Stir in garlic, red pepper flakes and sugar. Stir veg and herbs into pineapple mix. Add salt and pepper. Refrigerate for at least 2 hours

2. In mixing bowl, place all ingredients except 125 ml (1/2 cup) teriyaki sauce and buns. Using hands, gently mix until all ingredients incorporated.

3. Form small meatballs and flatten in palm of hand to make patties no larger than 7.5 cm (3 inches) in diameter. Place on parchment-lined baking sheet until ready to grill.

4. Grill sliders, basting with teriyaki sauce on both sides. Cook until a meat thermometer registers 74 C (165 F).

5. Heat 125 ml (1/2 cup) teriyaki sauce and pour into glass dish. When sliders come off grill, place into sauce to glaze.

6. Place meat on buns. Top with pineapple salsa. THE CANADIAN PRESS/ MENNONITE GIRLS CAN COOK CELEBRATIONS BY LOVELLA SCHELLENBERG ET AL (HERALD PRESS, 2013).

Ingredients

Pineapple Salsa
- 1 can (375 ml/12 oz) pineapple tidbits
- 30 ml (2 tbsp) fresh lime juice
- 30 ml (2 tbsp) olive oil
- 1 garlic clove, crushed
- 1 ml (1/4 tsp) pepper flakes
- 5 ml (1 tsp) sugar
- 1 jalapeno pepper, diced
- 50 ml (1/4 cup) each diced red pepper and red onion
- 15 ml (1 tbsp) each finely chopped cilantro and parsley
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) pepper

Chicken Sliders
- 500 g (1 lb) ground chicken
- 45 ml (3 tbsp) finely crushed saltine crackers
- 15 ml (1 tbsp) pineapple juice
- 45 ml (3 tbsp) teriyaki sauce
- 5 ml (1 tsp) dried parsley
- 30 ml (2 tbsp) grated onion
- 1 ml (1/4 tsp) salt
- 2 ml (1/2 tsp) pepper
- 125 ml (1/2 cup) teriyaki sauce
- 16 to 18 small slider buns

Healthy eating

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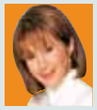

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While Freshii is typically known for its healthy choices, there are some menu items that boast an excess of calories, fat and sodium.

Freshii Burrito

1,036 calories /60 g fat /1,315 mg sodium

This burrito has close to a day's worth of calories, fat and sodium. The tortilla and rice exceed your calories and carbs in one meal. The other culprits are the beef, cheeses, avocados and ranch dressing.

Equivalent

One Freshii Burrito with a whole wheat tortilla, brown rice, black beans, steak, jack and cheddar cheeses, avocado and ranch dressing is equivalent in fat to two 470 g McCain thin crust chicken and red pepper pizzas.

Freshii Turkey Wrap

262 calories/11g of fat/1,077 mg sodium

The turkey is leaner than the beef and the salsa replaces the high calorie and fat ranch dressing.

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- **2 tickets to the sold-out One Direction Vancouver show on July 27**
- **Six bags of Oreo cookies**
- **Exclusive Oreo merchandise**
- **One Direction *Take Me Home* CD, band poster and other fun swag to get you concert ready**

For a chance to win, simply show us how you love to eat your Oreo – do you twist, lick or dunk?

1D ONE DIRECTION OREO club metro

No purchase necessary. Contest open to residents of Ontario and British Columbia who have reached the age of majority. Odds of winning depend on the number of eligible entries received. Six (6) prizes will be awarded, three (3) to Ontario residents and three (3) to British Columbia residents, each consisting of two (2) tickets to see One Direction in concert; one (1) bag of limited edition One Direction OREO Cookies autographed by One Direction; six (6) bags of OREO cookies; exclusive OREO merchandise; One Direction's "Take Me Home" CD and a One Direction band poster. Approximate retail value of each prize is $300 CDN. Skill testing question required. Contest opens Monday, June 17th, 2013 at 12:01 AM ET and closes Friday, June 21st, 2013 at 11:59 PM ET. To enter and for complete contest rules visit www.clubmetro.com.

Fantastic summer programs

If you are looking for something beyond parties, video games, your summer job, or visits to the beach there are lots of fantastic programs available for youth. To name a few:

Arts Umbrella youth programs
Get creative. Arts Umbrella offers youth a chance to get their hands dirty in a wide range of artistic disciplines. For more, see artsumbrella.com.

GIFTS — Gulf Islands Film and Television School
These film and media programs for youth have been attracting aspiring filmmakers to Galiano Island since 1995. No experience necessary. For more, see giftsfilms.com.

Educational camps
Want to see what university is like? Post-secondary schools across Metro Vancouver offer teens the opportunity to try out campus life and sharpen their knowledge.

Vancouver Rock Climbing Group
This non-profit group is run by friendly rock climbers. Learn from the masters at the group's Climb and Conquer events. For more, see vrcg.ca.

Neighbourhood Houses Across Metro Vancouver
Get together with other young adults at your local neighbourhood house. Frog Hollow Neighbourhood House, South Vancouver Neighbourhood House, Kitsilano Neighbourhood House, and many others deliver fun, engaging and informative programs of all stripes. For more, see anhbc.org.

Outward Bound
These demanding, multi-day outdoor journeys are an incredible chance to grow in every way, expanding your outdoor knowledge, confidence and leadership skills and increasing your physical strength. For more, see outwardbound.ca.

STEPHANIE ORFORD

Catching the Spirit campers participate in outdoor activities like biking, orienteering, nature walks and canoeing, learning about plant and animal species along the way. CONTRIBUTED

Catch the spirit

Explore. Youth can learn about natural wonders around Metro Vancouver

STEPHANIE ORFORD
For Metro

Exploring nature can be as easy as getting outdoors in your own neighbourhood, says Sandra Allen, program director for Catching the Spirit, a non-profit organization that offers camps for teens aged 12 to 18 in Metro Vancouver.

The youth in this summer's Catching the Spirit programs will learn about the natural wonders in their own communities, first-hand, Allen says.

Held at four locations across Metro Vancouver — Capilano River in North Vancouver, Tynehead in Surrey, Pacific Spirit Park near UBC, and Burnaby Lake — Catching the Spirit is for youth who want to get outdoors, learn more about the natural environment, help keep it pristine, have fun, and exercise their leadership skills in the process.

Catching the Spirit offers two camp types, both beginning in late June — an overnight camping experience, the Spirit Steward Camp Program, and a day camp, the Spirit Ranger Program.

Campers participate in outdoor activities like biking, orienteering, nature walks and canoeing, learning about plant and animal species along the way. Overnight campers are also taught "leave-no-trace" camping.

Campers cook in teams and play games, too, like capture the flag. They also do community work together, including removing invasive plant species, patrolling park trails by bike and building the Catching the Spirit community garden at BCIT in Burnaby.

"We're taking back this thorny, weeded mess ... and turning it into a community space," Allen says of the BCIT community garden. Future plans for it include a compost bin and "maybe even some bees," she says.

Catching the Spirit programs are completely free, and anyone 12 to 18 can register.

"We try and make opportunities for people to come out and give back to their community," Allen says. "And we don't want to have any socio-economic barriers to doing that."

Register online at catchingthespirit.com.

Summer camp. Leave the everyday behind

For 47 years Camp Qwanoes has been inviting kids from a wide variety of backgrounds to leave the everyday behind, jump into adventure, and let friendship fill each day.

"Camp is a place where kids can try things that just don't happen in everyday life," says Scott Bayley, executive director. "And it's all in a safe place. At Qwanoes kids can be kids, kids are valued and accepted, and fun is a big part of each day.

"Like racing a friend through the trees on parallel double zip lines. Or bouncing your friend high into the air off the blob. Or maybe just enjoying the stars at night with your cabin down at the dock."

Since 1966, kids have been experiencing these types of adventures and a whole lot more at Qwanoes, nestled beside Maple Mountain on a quiet bay in Crofton in the heart of the Gulf Island.

Qwanoes is a Christian camp, and an ideal place for fun-filled, life-changing adventure. All are welcome and there still is some space available for this summer. Check out the summer 2013 video at qwanoes.ca/summer/media.

For more information, see qwanoes.ca.

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Rose leaves Lefty a U.S. Open bachelor

Golf. Englishman calm in making clutch shots while Mickelson plays to sixth second-place finish at U.S. Open

Empty feeling for Phil

6

Phil Mickelson now has a record six second-place finishes at the U.S. Open.

A steady hand gave Justin Rose the shiny U.S. Open Trophy. A wild ride gave Phil Mickelson yet another silver medal.

Rose captured his first major championship on Sunday with remarkable calm and three pure shots on the punishing closing holes at Merion. A par on the 18th hole gave him an even-par 70, and that was good enough to become the first Englishman in 43 years to win America's national championship.

Rose hit 5-iron to the first cut of rough, pin-high on the 17th for an easy par. He smashed the most important tee shot of his career down the middle on the final hole. And his approach rolled near the pin and settled against the collar of the green.

"When I came over the hill and saw my ball laying in the fairway, I thought, 'This is my moment.' It was me hitting from the middle of the fairway," Rose said.

Rose was in the scoring area a half-mile from the grandstands behind the 18th green where the fans began to chant, "Let's go Phil!" as Mickelson paced off a last-ditch effort to force a playoff. It was a long shot — the 18th hole didn't yield a single birdie all weekend. From about 40 yards away, Mickelson's chip for birdie raced by the cup, securing Rose's victory.

THE ASSOCIATED PRESS

Justin Rose celebrates his U.S. Open victory on Sunday in Ardmore, Pa.

ANDREW REDINGTON/GETTY IMAGES

NHL. Something stirring hockey-wise in Seattle?

The Vancouver Canucks might have a true geographical rival in the very near future.

The possibility of the NHL landing in Seattle seems to be gaining momentum, after a report on CBC's Hockey Night in Canada Hot Stove during Game 2 of the Stanley Cup final on Saturday.

It was reported during the intermission panel segment that should Renaissance Sports & Entertainment not be able to sign a deal with the City of Glendale by July 2 to keep the Coyotes in Phoenix, investors Ray Bartoszek and Anthony Lanza would purchase the team for $220 million and bring it to Seattle.

On Sunday, Chris Daniels of King 5 TV reported that Seattle Mayor Mike McGinn acknowledged discussions with NHL commissioner Gary Bettman.

"Our message to all parties has been the same: We believe we can support an NHL team as a tenant at KeyArena, and as a potential tenant of a new arena, subject to all parties reaching agreement on terms," said McGinn, according to KING5.com.

CAM TUCKER/METRO

CFL

UBC's Walker gets walking papers from Lions

The B.C. Lions trimmed their roster on Sunday, releasing 11 players.

Among those let go was non-import defensive back Matt Walker.

The Lions selected Walker out of the University of British Columbia in the sixth round of this year's CFL Draft.

The Lions also added non-import linebacker Kyle Jones to their training camp roster.

They'll finish out the pre-season on Friday against the Edmonton Eskimos at BC Place Stadium. METRO

MLS

Leveron's time with national team almost over

Whitecaps defender Johnny Leveron is expected to be available for Wednesday's match against Chivas USA at BC Place Stadium.

Leveron departed for Utah on Sunday, called up to the Honduran national team for a World Cup qualifier against the U.S. on Tuesday.

Leveron, a centre back, is expected back in Vancouver for Wednesday's game.

The Whitecaps are coming off a thrilling 4-3 victory over the New England Revolution on Saturday. METRO

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Sharability

Horoscopes

♈ Aries
March 21 - April 20
Despite what you might believe, nothing is holding you back. It may seem as if barriers are blocking your path but the closer you get to them, the further away they will retreat.

♉ Taurus
April 21 - May 21
You may have a lot of ground to make up on rivals and competitors but there is no need to rush things. Spend the first few days of the week just watching and waiting. Your time will come — soon.

♊ Gemini
May 22 - June 21
You will gain a lot more respect today if you are direct with people. Forget about being polite, just say what needs to be said. You don't have time to worry about people's precious feelings.

♋ Cancer
June 22 - July 23
Don't choose the easy option just because you cannot be bothered to make much of an effort. If you let things slide now you will only have to work twice as hard later to make up for lost time. Be sensible.

♌ Leo
July 24 - Aug. 23
You must not let your standards slip today. If you do, others will use that as an excuse to give less than they should. Always be a good example and do your very best.

♍ Virgo
Aug. 24 - Sept. 23
If you slow down to think about what you are doing today you run the risk of stopping altogether. Keep your momentum going and keep moving towards your goal.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to highlight something you know a friend would be embarrassed by. It might be worth a laugh but what would it do to your relationship? Keep it to yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Steer clear of financial matters that have nothing to do with you. If you allow yourself to be drawn into a situation you know little about at best you will gain nothing — and you may lose a lot.

♐ Sagittarius
Nov. 23 - Dec. 21
Any disagreements you may be having will be short-lived, so don't place too much importance on them. This may even be one of those occasions when drama brings you closer to the ones you love.

♑ Capricorn
Dec. 22 - Jan. 20
The planets are urging you to aim high, even if your resources are low. The bigger your plans, the harder you will work and the more likely it is you will attract the opportunities you need to grow.

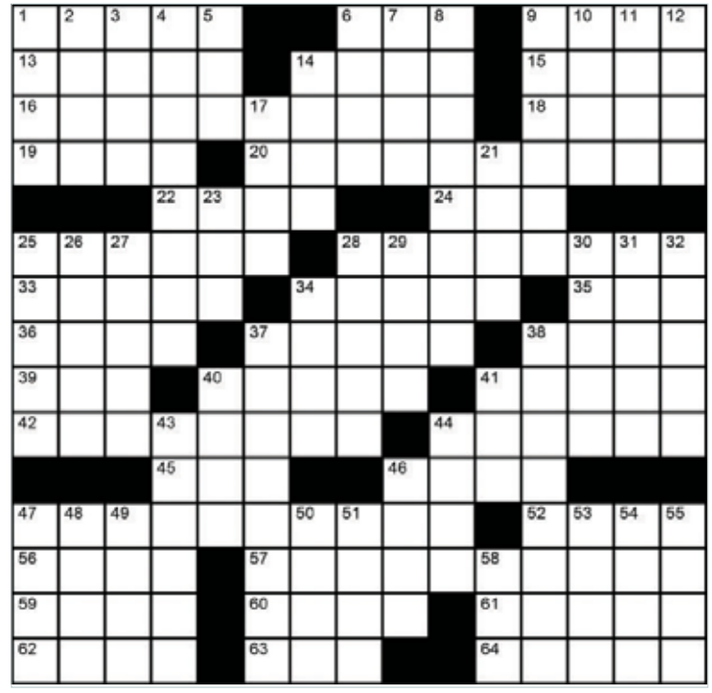
♒ Aquarius
Jan. 21 - Feb. 19
It's OK envy others' achievements as it encourages you to do better. Over the next few days, you'll be inspired to copy someone you look up to. Soon others will be copying you.

♓ Pisces
Feb. 20 - March 20
A windfall of some kind helps you believe Lady Luck is on your side, which in turn makes it easier to take calculated risks that improve your chances of success. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

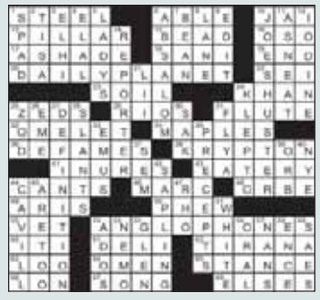
BY KELLY ANN BUCHANAN



Across
1. Archibald __ (Cary Grant's birth name)
6. Martin Scorsese's occ.
9. Actress Ms. Irving's
13. New Delhi's country
14. Skipper's need
15. Church area
16. The Lord's trophy: 2 wds.
18. Ms. Cannon (Fourth wife of #1-Across)
19. Bride-__-__
20. CN Tower's 360 __
22. Cons opposites
24. Wrath
25. 1936: For whom King Edward abdicated the throne, __ Simpson
28. Ontario city on the St. Lawrence River
33. Brit singer, Lily __
34. Changes residence
35. Baseball's Astros, on scoreboards
36. Linen-making fibre
37. Sulked
38. Nerd
39. Mr. Hanks
40. Downy duck
41. Canadian actress Ms. Eastwood
42. Surprised suddenly
44. Chef Gordon __ of FOX's "Hell's Kitchen"
45. Blue stuff on paper
46. Rave about
47. Ontario town in The Tragically Hip song that starts "I left your house this morning..."
52. Hasbro toy brand
56. Beehive State
57. _ rafting
59. Get up
60. Chocolate bar
61. Acclaimed choreographer, Alvin __
62. Disapproving utterances
63. "__-haw!"
64. Tomato plant support

Down
1. Itemize
2. Prefix to 'mology' (Study of insects)
3. Small amount that'll do ya: 2 wds.
4. Canadian movie theatres company
5. "2001: A Space Odyssey" (1968) computer
6. Physicians, e.g.
7. '50s song: "_ __ a Spell on You"
8. Fixed
9. Brother of Prince Charles
10. Poet Ms. Angelou
11. Mr. Cournoyer, Hockey Hall of Famer
12. Dispatched
14. Deli breads
17. Greek Myth: God of love
21. Vases
23. __ Tin Tin
25. Drifts through the air
26. Dispense
27. Cud-chewing creature
28. Got by
29. Finished
30. Nautical greetings!
31. 1869 R.D. Blackmore novel, __ Doone
32. Great Big Sea song that goes "...boat is painted green / Ha, me boys!"
34. Style
37. Earth's galaxy: 2 wds.
38. Canadian singer/songwriter Ms. Doyle
40. Cirneco dell'__ (Dog breed)
41. Affirmatives, in Austria
43. Wealth
44. Old Scandinavian symbol
46. Attend: 2 wds.
47. Mr. Reynolds
48. Mr. Redding
49. Relish
50. Clarified butter
51. Dublin's land
53. Fun French song bit: "..._ __ tete, Alouette..."
54. Stink
55. Canadian literary critic, Northrop __
58. Used to be

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1		3		6		9	2	
	7	2						
			8					6
2		4	5					
3			7		1			8
					9	2		1
5					4			
						8	7	
	3	9		1		6		5

Friday's Sudoku

7	4	9	5	2	6	8	3	1
6	2	8	1	3	9	5	7	4
5	1	3	7	4	8	2	6	9
4	8	2	3	5	7	1	9	6
3	6	1	8	9	2	7	4	5
9	7	5	6	1	4	3	2	8
1	5	7	9	6	3	4	8	2
2	3	6	4	8	5	9	1	7
8	9	4	2	7	1	6	5	3

Today
21°/14°
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Tuesday
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